

Exhibit 3

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FREE THOMAS VANDERHAM PULL-OUT POSTER!

BIKEMOUNTAIN

APRIL 2003
DISPLAY UNTIL

Interview:
**JEFF
LENOSKY'S
STORY**

**STREETS
OF VANCOUVER**
urban riding south
of the shore



U.S. \$4.99 CANADA \$6.99



04>

*we can't
live without*

feature

WE SPEND PLENTY OF TIME...
TALKING ABOUT THE PRODUCTS
WE LIKE, RECOMMENDING THEM
TO FRIENDS AND SWAPPING PARTS AROUND
SO WE CAN TEST BIKES WITH "OUR" FAVORITE
PRODUCTS ON THEM. WE FIGURED THAT WE
WOULD LET YOU IN ON THE PARTS THAT EACH
EDITOR PREFERS TO RUN AND SOMETIMES

CAN'T LIVE WITHOUT. WE DID HAVE TO FIGHT OVER A COUPLE ITEMS TO DETERMINE WHO WOULD GET THE PRIVILEGE
TO PUT THEM ON THEIR LIST, BUT THAT JUST GAVE US ADDITIONAL ROOM TO PUT IN MORE GOOD STUFF.

11 Things We Can't Live Without

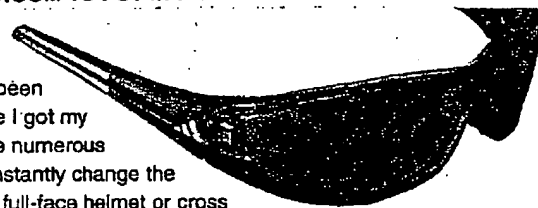


Adidas Evil Eye Professional

I guess the main reason why I have been on just about every ride with them since I got my first pair two years ago is thanks to the numerous features that the Evil Eye offers. I constantly change the angle on the arms to fit them into my full-face helmet or cross country lid. Also, the interchangeable anti-fog lenses can be swapped in seconds. I always carry a set of clear, LST Trail gold and bronze mirror lenses in the hardcover box that comes with the glasses to swap out depending on the weather conditions.

PRICE: \$175 (polarized); \$125 (standard)

CONTACT: Silhouette Optical (800) 223-0180; adidas.com/eyewear



Polar Designs Bi-Polar System 100 oz.

Ever taken a sip from a glass of water when you accidentally turned the knob for hot water instead of cold? Right, it sucks. It is almost the same thing when you ride your bike on a hot day, but with the cold gel in the Bi-Polar bladder and a Lizard Skins hose insulator you don't have to worry. It keeps the water cold for hours and comes with a quick release coupler so you don't have to unthread the hose every time you fill the bladder up or put it into the freezer. The bladder doesn't leak any taste into the water, even if you leave it in there for a couple of days. You can also heat the gel up when it's cold outside, but I haven't tried that yet.

PRICE: \$39.95

CONTACT: (866) 426-9058; potardesignpacks.com



Vans Shorts

Don't ask me what they cost or what their name is, I just know that I got them at the Vans store. I know that they're not made of any special fabric but they've got zippers to hold my keys securely. They're also not too baggy to get caught in the saddle and I can wear them all day long, anywhere.

CONTACT: (800) 826-7800; vans.com



Kona Slashpads

Over the last couple of years, I think I've had more kneepads and knee/shinpad sets than pairs of shoes. Well, finally I've found some that I'm really happy with. The Kona pads don't slip, don't chafe

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